RECIPE: SPIKED CAPRESE SALAD

LAILA ALI™

INGREDIENTS:

Ingredients:

Laila Ali Italian Dressing & Marinade	1/3 Cup
Green Leaf Lettuce	4 Cups
Fresh Mozzarella, balls	1 Cup
Cherry Tomatoes, halved	1 Cup
Basil, fresh	1/2 Cup

Directions:

1. Cut cherry tomatoes in half.
2. Dump all ingredients into a mixing bowl and shake well.
3. Drizzle salad with Laila Ali Italian Dressing.

"I love cooking and being healthy. I also love bonding with my family over a great meal. I have brought all of my love together with my line of specialty foods. I invite you to share them with your family! Enjoy!"

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www.vitafoodproducts.com

Manufactured by Vita Specialty Foods™
P.O. Box 1915
Inwood, WV 25428
1-800-989-8482

Italian

DRESSING & MARINADE

12 FL OZ (360 ml)

Nutrition Facts

Serving Size 2 Tbsp (30 ml)
Servings Per Container 12

Amount Per Serving	
Calories 70	Calories from Fat 60
	%Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 300mg	**13%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 0g	0%
Sugar 2g	
Protein 0g	
Vitamin A 0% •	Vitamin C 4 %
Calcium 0% •	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Water, Vegetable Oil (canola and/or soybean), Distilled Vinegar, Granulated Sugar, Red Bell Pepper, Sea Salt, Lemon Juice Concentrate (lemon juice, water), Spices, Minced Garlic, Minced Onion, Granulated Garlic, Xanthan Gum, Annatto (color), Red Crushed Pepper, Natamycin (natural preservative).

CHOLESTEROL FREE

SHAKE WELL.
REFRIGERATE AFTER OPENING.

PRODUCT OF USA

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Laila Ali™

PRODUCT OF USA

Sweet Asian

SPICE BLEND

5 OZ (141 G)

Nutrition Facts

Serving Size ¼ Tbsp (1.6g)
Servings Per Container 88

Amount Per Serving	
Calories 0	Calories from Fat 0
	Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Sugar 0g	
Protein 0g	0%
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

RECIPE: Sweet Asian Shrimp and Vegetables

INGREDIENTS:

Sweet Asian Spice Blend	1 Tbsp
Shrimp, precooked	5-6
Mixed Vegetables	1 Cup
Vegetable Oil	1 Tbsp

DIRECTIONS:

1. Heat oil in a saute pan over medium heat.
2. Add vegetables and saute for five minutes then add shrimp and saute for an additional 10 minutes.
3. Add Sweet Asian Spice Blend, mix well and serve.

INGREDIENTS: Sea Salt, Sugar, Spices, Garlic, Onion, Rice Concentrate as an Anti-Caking Agent. This blend has ginger and licorice notes.

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